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<th>THURSDAY</th>
<th>FRIDAY</th>
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**GROUP FITNESS**  
**CLASS SCHEDULE**

**Downtown Seattle YMCA**

**August 2023**

- **Yoga - All Levels**
  - Jim
  - Mind Body Studio

- **Les Mills Body Combat**
  - Alfred
  - 7th Floor

- **Zumba Mind Body Studio**

- **Creative Movement Studio**

- **Aqua Fitness Pool w/Jason**

- **AOA-Bold & Balance w/ Dean**
  - Creative Movement Studio

- **Total Body Conditioning w/Jason**
  - 7th Floor

- **Cardio Boxing Jon**
  - 7th Floor

- **Yoga - All Levels**
  - Jim
  - Mind Body Studio

- **Les Mills Body Pump Cambria Creative Movement Studio**

- **Yoga - Vinyasa Y360**

- **Open Boxing**
  - 7th Floor
  - (Self Instructed)

- **Total Body Conditioning w/Jason**
  - 7th Floor

**View all schedules online at seattlemca.org/schedules**

**Schedules may change without notice.**